



TUESDAY • MARCH 19

8:15 AM	REGISTRATION
9:00 AM	Karen Guggenheim Welcome to World Happiness Summit 2024 Sara Blanchard & Jen Fisher MCs WOHASU 2024
9:35 AM	Dr. Arthur Brooks Build the Life you Want
10:10 AM	Alla Klymenko Happiness and Resilience
10:35 AM	Prof. Lord Richard Layard On Wellbeing Policy and Action
11:05 AM	NETWORKING BREAK & Book Signing
11:30 AM	Dr. Michael Steger Purpose
11:55 AM	Karen in Conversation with US Surgeon General Dr. Vivek Murthy
12:30 PM	Elisa Juarez Introduction to Tribe Time

Break Out Sessions

4:30 - 5:00 PM
Positive Parenting During Challenging Times \ Tia Graham

4:30 - 5:00 PM
Mind Body Connection Panel \ Rob Stephenson, Dr. Radha Modgil, Rosie Acosta and Chef Niklas Ekstedt

12:45 PM	LUNCH & TRIBE TIME *Pre registration required
2:10 PM	Dr. Kelli Harding The Purpose Rx: How Living Your Purpose Can Boost Your Health and Happiness
2:35 PM	Alberto Nobis and Jackie Henry Fireside Chat
3:00 PM	LaFawn Davis The Pursuit of Purpose: Navigating Life with Intention
3:25 PM	Dr. Amit Sood You had me at hello! Dismantling Neural Traps that Diminish Relationships
3:50 PM	Ismael Cala Closing Meditation
4:10 PM	Networking BREAK & Book Signing
4:30 PM	Break Out Sessions

4:30 - 6:00 PM
Purposeful Play: Workshop using the LEGO® SERIOUS PLAY® Methodology \ Sammy Loh *pre- registration required

4:30 - 5:30 PM
Defining your Purpose Workshop \ Prof. Sandro Formica *pre- registration required

WEDNESDAY • MARCH 20

9:00 AM	Sara Blanchard & Jen Fisher MCs WOHASU 2024 Welcome
9:20 AM	Dr. Robert Biswas-Diener Beyond Appreciation
9:45 AM	Karen Guggenheim Post Traumatic Growth and Happiness
10:05 AM	Human Sustainability Panel Jen Fisher, Laura Cococcia, Heather White & Troy Armour Junk Koture Fashion Show
11:05 AM	BREAK
11:25 AM	Dr. Raj Sisodia & Dr. Neha Sangwan Fireside Chat Moderated by Elina Teboul
11:55 AM	Marc van Lokven Thriving in Today's High-Speed Life
12:15 PM	Ricardo Sunderland The Energy Advantage: How to go from Managing Your Time to Mastering your Energy
12:35 PM	LUNCH

2:05 PM	Sarah Cunningham
2:30 PM	Mei Xu and Dr. Paule Joseph Fireside Chat Impact of Sense of Smell on Wellbeing
2:50 PM	2024 World Happiness Report European Release Prof. Jan-Emmanuel De Neve, Prof. Lord Richard Layard, Leoni Boyle and Jose Marquez moderated by Karen Guggenheim
3:30 PM	Laurie Santos The Happiness Lab
3:55 PM	BREAK
4:15 PM	Happiness for Future Generations Panel Nick Katsoris & Nadim Saad moderated by Elisa Juarez
4:40 PM	Dr. Fred Luskin Forgiveness for a Happier, Healthier Life
5:15 PM	Ismael Cala Closing Meditation
5:30 PM	WOHASU Team & Volunteers CLOSING

* Agenda subject to change.

* PLATINUM TICKET HOLDERS

March 18 | Opening Reception

Searcys at the Gherkin
*Please bring ID

March 19 & 20 | Lunch

Skylon at the Southbank Centre